

# DANDELION ROOT

*(Taraxacum officinale)*

## Clinical Summary

### Actions

- Alterative
- Nutritive
- Diuretic
- Choleric
- Cholagogue
- Mild Laxative
- Antioxidant
- Bitter Tonic
- Anti-inflammatory
- Hepatoprotective

### Indications

- Digestive complaints such as poor fat digestion or absorption, dyspepsia, lack of appetite and constipation
- Water retention
- Skin eruptions such as acne and boils
- Hormonal imbalances, premenstrual symptoms including bloating, clots, cramping, irregular bowel movements and excess anger
- Healthy liver function
- Arthritis
- Cystitis

### Traditional Use

Dandelion root has also been used for centuries to support the health of people with cancer. For such a ubiquitous herb, well-designed human studies are surprisingly rare. Preclinical trials are encouraging, showing reduced growth of cancer cells in various organ tissues, however future human clinical trials are fundamental to fully understand how dandelion root may be efficacious in treating or preventing cancer in humans.

### Energetics

Cooling, drying, bitter, sweet.

### Constituents

Potassium, iron, magnesium, zinc, manganese, copper, choline, selenium, calcium, boron, silicon, vitamins A, C, D and B complex, beta carotene, protein, fibre, linoleic acid, sugars, mucilage, terpenes, phenolic compounds (caffeic acid), sesquiterpene lactones, triterpenes, phytosterols, coumarins, inulin.

### Use in Pregnancy

Based on a long history of use in traditional medicine dandelion is generally considered safe in pregnancy and lactation. Dandelion root is used for various complaints such as digestive issues, diuretics and iron support during pregnancy.

### Contraindications and Cautions

Generally considered to be safe however it is recommended that it not be used by people with obstruction of the bile ducts, if gallstones are present or in cases of other serious diseases of the gall bladder. May cause allergy in people allergic to ragweed and daisies.

### Drug Interactions

Caution with lithium, quinolone antibiotics, anticoagulant/antiplatelet (such as warfarin) and antidiabetic drugs.

### Administration and Dosage

Liquid extract 1:1 in 30% alcohol  
20 to 170mL weekly